

Chunky Chicken Vegetable Soup

Ingredients:

- 1/2 lb. boneless skinless chicken breasts, cut into 1/2-inch cubes
- 1 tsp. oil
- 1 can (14-1/2 oz.) chicken broth
- 1-1/2 cups water
- 2 cups assorted cut-up vegetables (such as sliced carrots, broccoli flowerets and chopped red pepper)
- 1 envelope GOOD SEASONS Italian Salad Dressing Mix
- 1/2 cup MINUTE White Rice, uncooked (brown rice is better)
- 2 Tbsp. chopped fresh parsley



Directions:

1. Cook and stir chicken in hot oil in large saucepan until browned.
2. Add broth, water, vegetables and salad dressing mix. Bring to boil. Reduce heat to low; cover. Simmer 5 minutes.
3. STIR in rice and parsley; cover. Remove from heat. Let stand 5 minutes.

Makes 5 (1-cup) servings.

NUTRITIONAL INFORMATION (per serving)

Carbohydrate 13g
Cholesterol 25mg
Sodium 620mg
Dietary fiber 1g
Sugars 4g
Protein 13g

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